My defence of my (approximate) memory

This is related to the following two documents:

https://archive.org/details/21-memories-of-mine-that-i-shouldnt-forget
https://archive.org/details/15-memories-of-mine-that-i-shouldnt-forget

I was praised both by one of my friends and by my mother for having a great memory. I've recently gathered many examples spanning from the period of 2017 to 2021 to test this, and I was approximately correct in every case. Probably due to the COVID pandemic, everything since 2020 up to today feels like one period, and I've actually focused back in late 2021 to remember some of my memories that I didn't write down, and I haven't really thought about it in 2022, nor in 2023, nor in 2024, diminishing the possibility of distortion during that period of time, so I don't have any trouble remembering anything important from 2021.

To be clear, due to the awareness of the existence of false memories, I've focused only on remembering the core of my memories i. e. what they were or approximately were about, thus diminishing the possibility of trusting false details. Just today, I've discovered physical proof of me still being an enthusiast in astronomy in early 2020 after 2019, which I previously remembered.

Thank you for reading.